

My Interests + Abilities = My Work

Grade Level	Eighth	
Minimum Time Required	Three 50 minute-class-period	
Materials/Resources	"Your Interests" "Interest + Abilities" "I Can"	"Your Abilities" "Interest + Abilities = My Work" "I Like"
Subject Area(s)	Career Guidance	

Project Description:

1. Students find career exploration more meaningful when they discover the link between identification of their interests and abilities with related career areas. In this three-part activity, students will discover career fields that relate directly to their interests and abilities. If you are currently using an interest inventory, this would be redundant.
2. Introduce this activity by explaining that during this three-part exercise, students will be identifying their interests and abilities; then they will learn what career areas match them best.
3. Introduce session one by reading the "Your Interests" teacher instruction sheet to the class. Distribute the "I Like" student worksheet and review the directions with them. Explain that the dark letters behind each item will be used later to find out about careers.
4. Ask some students to share several identified interests. Collect the sheets for future use.
5. Introduce session two in the same manner as session one. Indicate that today the focus is on each person's abilities. Read to the class the "Your Abilities" teacher sheet and distribute the "I Can" student worksheet. Review the directions with the class.
6. Ask some students to share a few identified abilities from their worksheet and collect the sheets for future use.
7. Introduce the third session by explaining that now students will be using the information from the previous lessons to find which career areas they may wish to explore. Distribute the "I Like" and "I Can" worksheets.
8. Read to the class the information on "Interests + Abilities" teacher sheet. Distribute the "Interests + Abilities = My Work" student worksheet and review the directions.
9. Ask students to compile the information needed, and elicit answers to share with the class.

OBSERVATION NOTES: Be aware of students who have difficulty identifying areas of interests. These students may benefit from small group or individual counseling sessions.

Career Development Standard	Knowledge of the influence of a positive self-concept. Knowledge of the benefits of educational achievement to career opportunities.
Career Development Indicator	Describe personal likes and dislikes. Describe how aptitudes and abilities related to broad occupational groups.
Delivery Level	Review
Academic Standards	
Language Arts	1.4.c Collect and summarize information to make reasonable and informed decisions. 2.4.a Write to clarify what is known about various topics. 2.4.b Write to synthesize, interpret, and use new information. 4.1.b Present oral information in a logical and coherent manner. 4.2.c Use recognized conventions/mechanics of language in personal communication.
Employability/SCANS Skills	Thinking Skills Personal Qualities
Assessment/Rubric	Students will be evaluated based on their completion of all worksheets.

Submitted by: South Dakota Comprehensive Guidance and Counseling Program Model

Your Interests

Your interests are things you like to do. These are shown in many ways. They may be something you do with others, such as playing a sport, listening to music, or just talking. Your interests can also be independent, such as reading, writing a story, or collecting baseball cards.

Below are some questions to help you think about your interests. Note that some of your interests are the same as those of your classmates while some of them are unique.

1. What are some things you like to do in your spare time?
2. What do you usually do after school?
3. Do you take any special lessons (musical instrument, karate, dance, etc)?
4. How much time do you spend watching television? Name some of your favorite programs.
5. Have you ever been to: a farm? A circus? A zoo? A national park? A science center? an art museum?
6. Which school subjects do you like best? Least?
7. How much time do you spend reading?
8. Do you enjoy sports? In which sports do you participate?
9. What famous person would you most want to be like?
10. Whom do you know personally that has a job you think you might like to do?

On the activity sheet, "I Like" you will have a chance to find out some of your interests.

Your Abilities

Your abilities are things you do well and they are shown in many ways. If you can write a song or design your own clothes, but cannot understand metric numbers, your abilities are probably centered around artistic or creative thing rather than mathematical or mechanical things.

Knowing our abilities, which are our strengths, helps us to also know our weaknesses. If we know we don't understand metric number, thn it's important we find someone to help us. It may be an older brother, a teacher, or a friend. Trough help and determination, we can overcome our weaknesses and turn them into abilities.

Think about your abilities.

Are you a leader?

Are you artistic?

Are you sociable?

Do you have a good memory?

Are you dependable?

Do you show good judgment?

Are you a good listener?

Do you have physical stamina?

Are you good with your hands?

Are you mathematical?

On the activity sheet, "I Can" you will have a chance to find out some of your abilities.

Interests + Abilities

You have had an opportunity to examine your interests and your abilities. Now it's time to answer the question, "What does all this mean?" Look at your "I Can" and "I Like" charts. Next to the item you checked, you will find a symbol. For example:

_____1. I can grow fruits and vegetables. (O)

The symbol (O) stands for outdoors. There are seven other symbols and each stands for a special kind of work. The symbols and description of the work they represent are listed below:

L Literary work: People interested in literary work like to read, write, and teach.

S Scientific work: People interested in scientific work like to solve problems or invent things.

M Mechanical work: People interested in mechanical work like to use machines and tools and fix things.

C Clerical work: People interested in clerical work like details, accuracy, and working indoors.

P Persuasive work: People interested in persuasive work like to deal with others and sell them ideas and products.

O Outdoor work: People interested in outdoor work usually do well as farmer, foresters, construction workers, and recreational specialist.

SS Social Service work: People interested in social service work enjoy helping people.

A Artistic work: People interested in artistic work like to create thing with hands using designs, colors, and different materials.

Now that you know what the different kinds of work are, look through your "I Can" and "I Like" sheets. Using only the items you checked, count the number of symbols from both sheets for each of the eight different types of work. Add them up. You may have eight O's one A, etc. On the activity sheet, "Interests + Abilities + My Work, "list your answers.

Interests + Abilities = My Work

Symbol	Number of check marks	You might like to be:
L	_____	newspaper reporter, magazine writer, author, librarian, proofreader, news broadcaster, copywriter, teacher
S	_____	doctor, x-ray technician, chemist, nurse, engineer paramedic, dentist, astronaut, oceanographer
M	_____	auto mechanic, computer bookkeeper, switchboard operator, ticket agent, accountant, bank teller, post office clerk, file clerk
C	_____	secretary, computer operator, bookkeeper, ticket agent, accountant, bank teller, post office clerk, file clerk
P	_____	lawyer, salesperson, travel agent, politician, salesclerk employment manager
O	_____	house painter, forester, meter maid, brick layer, farmer, sports instructor, recreational director, garbage collector
SS	_____	YMCA worker, drug counselor, health depart- ment official, vocational social worker, home economist, nurses' aide minister

A

artist, architect, dress
designer, cartoonist,
furniture upholsterer,
interior decorator, hair
stylist, model, musical
composer

Which symbol had the highest number of marks?

What does this tell you about yourself?

What school subjects should you concentrate on for these work interests?

I Can

Directions: Below you will find a list of some things that young people might do.
Place a check (✓) mark next to the items you can do.

1. grow fruits and vegetable (O)
2. work well with others (P)
3. follow written and oral directions (M)
4. write a story (L)
5. usually get what I want (P)
6. look at a person and know what kind of clothes look best (A)
7. write a sentence (C-L)
8. repair cars and bikes (M)
9. design a set for a play (A)
10. do my math work easily (S-M)
11. do my science work easily (S)
12. plan activities for other (SS)
13. start a project and finish it (M)
14. type (C)
15. watch something happen and explain it to other people exactly as I saw it (L)
16. use a calculator (C)
17. sell the most pencils, candy bars or candle for my school (P)
18. understand people often have different moods (SS)
19. teach or supervise outside sports (O)
20. write a play (L)
21. encourage people to do things they don't want to do (P)
22. work with metric numbers (M)
23. listen to someone describe what they want and draw it (A)
24. be alone with trees, flowers, etc., and not feel alone (O)
25. play a musical instrument (A)
26. convert regular numbers to metric (M)
27. spell correctly (C)
28. perform science experiments (S)
29. fix a broken toy (M)
30. be outside in any weather (O)
31. talk to people and explain things carefully (SS)
32. keep track of how much money I spend and how much is left (C)
33. take something apart and put it back together again (M)
34. study something and find a better way to do it (S)
35. rewrite an advertisement in the newspaper and make it sound better (L)
36. watch fish and how they act all day long (S)
37. find solutions to problems faster than my friends (S)
38. feel comfortable interviewing people (L)
39. understand when people need sympathy (SS)
40. spend time with people and not be bored (SS)
41. feel very comfortable working outside on a job (O)
42. be creative in most things that I do (A)
43. express myself well when talking to other people (P)

I LIKE

Directions: Below you will find a list of some things that young people might do.
Place a check (✓) mark next to the items you can do.

1. knowing I might discover a cure for cancer (S)
2. to read the newspaper (L)
3. to invent things (S)
4. journalism (L)
5. art (A)
6. literature (L)
7. science (S-O-SS)
8. to work with your hands (M-A)
9. to talk to people (P)
10. a challenge (S-M)
11. business courses (C)
12. to talk on the phone (C)
13. plays (L)
14. to be a leader (P)
15. vocal music (A)
16. the zoo (O-S)
17. to organize things (L-C)
18. to study water (S)
19. math (S-M-C)
20. to watch the birds (O)
21. designing and drawing (A)
22. reading (L)
23. to watch the television repairperson fix the television (M)
24. photography (A)
25. rafting and fishing (O)
26. act in a school play (A)
27. to visit Grant's farm (O)
28. to be outside (O)
29. chemistry (S)
30. English (I-C)
31. to see people happy (SS)
32. business education (C)
33. to be with people (P-SS)
34. to visit auto repair shops (M)
35. to visit large offices and see the computers (C)
36. visiting the library (L)
37. to explore (S)
38. people (C-P-SS)
39. to be challenged (S-P)
40. to see movies about space (S)

41. to work with tools (M)
42. home economics (M)
43. writing (L)
44. industrial arts (M-O)
45. doing things for others (SS)
46. camping out (O)
47. working with colors (A)
48. to read about solar energy in houses (L)
49. thinking about others before myself (SS)
50. gym (O)
51. constructing things (O-M)
52. to study nature (O)
53. helping people solve their problems (SS)
54. cooking (SS-A)
55. arguing (P)
56. operating equipment (M)
57. learning about computers (M)
58. knowing why people get sick and how to make them well (S)
59. to be accurate (C-M)
60. to work indoors (C-L)
61. doing the same job over and over ©
62. working with animals (O-S)
63. wearing a uniform (M-O)